

Fasting And Prayer Key To Breakthrough

Arthur challenges readers to live out Jesus's two greatest commands--to love God and other people well. Obeying this simple but challenging call can transform one's attitudes, decisions, and relationships. (Practical Life)

This handbook is a comprehensive guide to an entire fasting course, recipes included. Aage's personal biography, spiritual experiences told through extended allegories, as well as principles and practices, express what he has learned and taught in his more than forty years of Holy Spirit-filled, revolutionary Christian living.

Get ready for a spiritual explosion! Experience the release of spiritual power through the age-old wonders of fasting and prayer! When it comes to Fasting and Prayer, author Steven Brooks has lived his message. In this book, he shares the ups and downs of his experiences with fasting—and the explosive power the Holy Spirit has released in his ministry as a result. Visions, healings, and miracles have been released to Steven Brooks through the simple commitment to fast and pray, and these supernatural manifestations are for you, as well! Tremendous power is released to the believer who is hungry to go deeper with God. Even if you have not experienced success with fasting before, this book will inspire faith in your spirit to believe for God's extra measure of grace to fast. Join Steven Brooks, along with many biblical and modern-day saints, in experiencing for yourself the infusion of power that Fasting and Prayer will bring to your Christian walk! In Steven's own words: "Embrace what the Word of God teaches concerning fasting combined with fervent prayer, be a hearer and a doer of the Word of God, and the power of God will flow through you to see even the most impossible prayers answered and countless other needs and desires met!" Open this book to let the change begin!

Do you feel stuck? Is there one area of your life that just won't change, no matter how hard you work, believe, and cry out to the Lord? When the enemy holds ground in one part of our life, it tends to consume most of our thoughts. That one area can cost us emotional health, quality relationships, and even the ability to enjoy life. But we don't have to put up with it. It's time to fight back! Fasting is God's secret weapon against the enemy's strongholds. Jesus even said that some evil spirits cannot be cast out except by prayer and fasting. That should tell us a lot about the power of this weapon—it's basically God's nuclear option. The Jericho Fast guides readers through a 7-day fast to achieve breakthrough for the stubborn areas of their lives. Minister and author Rhoda Faye Diehl expertly imparts wisdom and biblical truth throughout the book to help you overcome lies used by the enemy to erect walls in your life. She also provides strong encouragement and exhortation to help readers complete the fast and make it through to their victory. Are you ready for breakthrough? Are you ready for the walls to come down? Let's go!

A Passionate, Prophetic Summons to Prayer and Fasting We are poised at a key moment in history. Amidst pain and chaos, we can turn the tide of evil in our lands. With excitement and profound insight, seasoned prophetic leader Lou Engle shows how: through bold faith and aggressive, passionate prayer and fasting. Here he equips you with the dynamic, practical tools you need to answer the call of countercultural consecration. Using Jesus as the role model, he reveals that 40 days of prayer and fasting

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always precede breakthrough, revelations of God's glory, breakage of demonic hindrances, and more. As we join together in fasting and intercession, we'll see victory in the critical issues of our day--and we'll awaken the nations for Christ. Global revival and transformation is imminent. Will you answer the call?

The Esther Anointing gives you the keys to Esther's success, including the qualities that make women great, the power of influence, and the key to finding God's favor for your assignment.

Television host, widely traveled speaker, and communicator Marilyn Hickey reveals the surprising power and rich benefits of fasting in her 21-day program.

Become a World-Shaper. The times we are living in are scary, to say the least. The world is unstable. Global politics are volatile. The rate of change we now experience is spiraling out of control. We're uncertain about what will happen tomorrow, and we feel helpless to do anything about it. Yet what we are facing isn't new. In the past, there have been many wars. There have been threats and acts of terrorism. History is spotted with violent episodes of unimaginable carnage and horror. And what did people do about them? The only thing they could do: they prayed! Discover with Derek Prince how your prayers and fasting can change the world. Using experiences from his own life, he illustrates how you can make a difference. You don't have to fight. You don't have to hold high political position. You don't have to be a certain age. You don't even have to have power, money, or influence on earth. What is important is your influence in heaven. Learn to touch the heart of God through prayer—prayer that will change the world!

Christians often give up on fasting, or don't try it at all, because they lack thorough advice. Most fasting books explain the biblical reasons to fast, but they provide inadequate practical guidance. This concise book shows women the essential steps to successful fasting. Key topics include how to prepare physically and spiritually, what to expect during the fast, and how to reintroduce food. Whether the reader has never fasted before or has tried it occasionally, or wants to fast for one meal or for several days, this unique resource will equip and encourage her to grow closer to God through fasting.

“STAND FAST, AND hold the traditions which ye have been taught, whether by word, or our epistle ... Comfort your hearts; and stablish you in every good word and work Finally, brethren, pray for us, that the word; of the Lord may have free course, and be GLORIFIED, even as it is with you.” II Thess. 2:15, 17; 3:1. FASTING, like PRAYER, is a part of the word of God. To dispute this would be as foolish as denying water is wet. Shall we “STAND FAST” on this IRREVOCABLE “TRADITION,” which we have been taught in the WORD, since it is indisputably a part of the WORD of God? Let us pray that it will “have free course, AND BE GLORIFIED,” in its proper place in order that JESUS may receive more glory and honor from His children. The purpose of this volume is to popularize, perhaps one of the most downtrodden of all Biblical subjects, and assist in the author's small way to reestablish this part of the Gospel, bringing it out in all its glorious aspects. We are dealing with a tremendous portion of the Word—able to open up an avenue to tremendous power and glory with JESUS for the mutual welfare of His body, and the bringing of a mighty last day revival. By the proper utilization of fasting, praying, crying and mourning for souls, and by going into the

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FASTING-PRAYER without a selfish motive, many pillars of the FAITH can pull together in this travail to such an extent that when tragedy, destruction, persecution, and the rest of the last-day signs approach us more closely, we will have at our disposal a most effective weapon to carry us through for the glory of Jesus. It is NOT the purpose of this book, or any of the other articles on the subject of fasting, to leave an impression that this practice is the Scriptural cure-all for spiritual, moral and bodily complaints. Emphasis is given the subject for the purpose of quickly enlightening God's people who seem to be "falling away" from the old-time faith, and to prevent the unhappy drift towards modernism that is so sweeping the land. We do not emphasize fasting for the purpose of bragging, or for such great merit that it would be boasting before our God, but we are pressing it forward with such tempo so that the children of the Bridegroom will become more quickly and fully prepared for the closing of this Holy Spirit dispensation. This work has grown to such an extent, we have had to give up the revival auditorium. The author is devoting his entire time to the work of fasting, even discontinuing most of the traveling speaking engagements, in order to assure it greater success and promotion over the world for the mutual welfare of Christendom and the Kingdom of God. To make it even easier to grasp, the author has gone to additional expense in constructing drawings, diagrams and charts for numerous cuts to bring forth quickly through the eye-gate, this precious vital truth of orthodox Christianity. May the reader be blessed by them. This was done solely for the purpose of glorifying our most lovable Jesus. In the name of Father, and of the Son, and of the Holy Ghost, we, therefore, dedicate this work to Jesus. May it bring praise and honor of Him. Revelation 22:17-21.

God has provided a way to turn certain defeat into awesome victory and demonic strongholds into highways of His love and power. When overwhelming defeat looks you in the face, whether the attack is physical or a family or financial crisis, The Hidden Power of Prayer and Fasting holds keys that will unlock the resident power of the Holy Spirit within you! Through this book you will receive an impartation from a man who has lived these truths and has seen the power of God released for total victory against impossible odds, resulting in revival and literal resurrection. Mahesh Chavda has lived the lifestyle of prayer and fasting. This book will inspire you to battle through--whatever your circumstance--because God has given you a remedy for bringing His glory into your life, your church, your city, and your nation through the hidden power of prayer and fasting. --This text refers to an out of print or unavailable edition of this title.

This book contains the essence of Gordon Lindsay's teaching on prayer, and is regarded by many in the charismatic world as a classic work on this vital subject.

Examines the ways in which the gospel is contradicted by the American dream and challenges Christians to join in a one-year experiment in authentic discipleship that promises spiritual transformation through the word of God.

Our nation is in a moral free fall and the Church for the most part is spiritually impotent. What can we do to stop the tragic decline? The only answer is to "seek God's face" through fasting and prayer.

Stop hitting the spiritual snooze button. Would you describe your walk with God as fresh and exciting? Would you describe your spiritual life as vibrant and passionate? If not, would you like these attributes to be the norm in your everyday relationship with

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God? Are you ready to experience an awakening? Awakening helps you stir up your slumbering soul. You'll discover how to break out of your season of dryness or get off to a great start either in the New Year or the next season in life. Take your faith-walk from a "going through the motions" or "have to" mindset to the stimulating, fresh "want to" experience of enjoying God's presence—24/7. Weems encourages you to surrender fully, to discover the right kind of fuel for the journey, and to learn a new way to pray and fast. This lifestyle is not based on rules or religion, but on a deep, satisfying, motivating relationship with God. Included in Awakening is a 21-Day Plan that will guide you through the principles that ensure a lasting, fresh relationship with God—even in a world where everything quickly becomes stale. "It's time to wake up and put an end to spiritual sluggishness! I promise this year will be the best of your life if it is your best year spiritually." – Stovall Weems

Would You Like To Know God Personally? This pamphlet outlines four principles which will help you discover how to know God personally and experience the abundant life He promised.

What it means to be a man or a woman is questioned today like never before. While traditional gender roles have been eroding for decades, now the very categories of male and female are being discarded with reckless abandon. How does one act like a gentleman in such confusing times? The Catholic Gentleman is a solid and practical guide to virtuous manhood. It turns to the timeless wisdom of the Catholic Church to answer the important questions men are currently asking. In short, easy-to-read chapters, the author offers pithy insights on a variety of topics, including • How to know you are an authentic man • Why our bodies matter • The value of tradition • The purpose of courtesy • What real holiness is and how to achieve it • How to deal with failure in the spiritual life

The Ultimate Guide to the Daniel Fast is an inspiring resource for Christians who want to pursue a more intimate relationship with God through the 21-day commitment to prayer and fasting known as the Daniel Fast. As you deny yourself certain foods—such as sugars, processed ingredients, and solid fats—you will not only embrace healthier eating habits, you'll also discover a greater awareness of God's presence. Author Kristen Feola explains the Daniel Fast in easy-to-understand language, provides 21 thought-provoking devotionals for each day of the fast, and shares more than 100 tasty, easy-to-make recipes that follow fasting guidelines. In a conversational style, Feola helps you structure the fast so you can spend less time thinking about what to eat and more time focusing on God. You will also discover that "to fast" means "to feast" on the only thing that truly nourishes? God's powerful Word. For more info, please visit www.ultimatedanielfast.com.

Prayer and Fasting

Atomic Power With God Thru Fasting and Prayer, first published in 1946 by Franklin Hall, describes how prayer during extended fasts can heal the body and soul, and bring practitioners greater spiritual power to exalt and glorify Jesus Christ.

One of the most popular fasts in recent years has been the Daniel Fast, a 21-day period of prayer and fasting based on the Old Testament prophet's fasts recorded in Daniel 1 and Daniel 10. The Daniel Fast is a partial fast, in which certain foods are restricted and others are consumed. This fast is similar to a 'purified' vegan diet; in addition to the exclusion of all animal products, no

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additives, preservatives, sweeteners, caffeine, alcohol, white flour, or processed foods are allowed. With the Daniel Fast people can eat as much Daniel-Fast-friendly food as they would like. Though most people begin the Daniel Fast for a spiritual purpose, many are amazed by the physical transformation that takes place. Many with high cholesterol experience a drop to healthy levels; people who have wrestled with weight issues are suddenly able to lose the pounds. The vast majority of participants following the Daniel Fast report a general sense of well-being and increased energy. Recent published scientific studies of the Daniel Fast have confirmed these findings, with additional benefits, such as a reduction in systemic inflammation, a reduction in blood pressure, and an improvement in antioxidant defenses. The Daniel Cure will help readers take the next step by focusing on the health benefits of the Daniel Fast. By following the advice in this book, readers will convert the Daniel Fast from a once-a-year spiritual discipline into a new way of life that can begin any time of the year. In a nation suffering an epidemic of obesity and its resulting ills, The Daniel Cure may be just what the Great Physician ordered. The Daniel Cure includes a 21-Day Daniel Cure Devotional, four chapters detailing the lifestyle diseases of obesity, type 2 diabetes, cardiovascular disease, and inflammation, eleven chapters of recipes and meal planning advice, a recipe index, complete nutritional guidance, and an appendix detailing 'The Science behind the Daniel Fast.'

There is an appetite for God. And it can be awakened. I invite you to turn from the dulling effects of food and the dangers of idolatry, and to say with some simple fast: "This much, O God, I want you." Our appetites dictate the direction of our lives - whether it be the cravings of our stomachs, the passionate desire for possessions or power, or the longings of our spirits for God. But for the Christian, the hunger for anything besides God can be an arch-enemy. While our hunger for God - and Him alone - is the only thing that will bring victory. Do you have that hunger for Him? As John Piper puts it: "If we don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great." If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul's appetite for God. Between the dangers of self-denial and self-indulgence is this path of pleasant pain called fasting. It is the path John Piper invites you to travel in this book. For when God is the supreme hunger of your heart, He will be supreme in everything. And when you are most satisfied in Him, He will be most glorified in you.

The hand-in-hand spiritual discipline of prayer and fasting is not a gimmick or a spiritual fad, although its neglect in recent decades makes it a new discovery for many Christians. Instead, as author Ronnie Floyd explains, prayer and fasting is a Scripture-ordained act of obedience—a means of humbling ourselves before God, drawing closer to Him, and making room for Him to speak and act in our lives. This newly revised and updated edition of *The Power of Prayer and Fasting* offers fascinating firsthand stories of the difference prayer and fasting has made in Floyd's life and others, compelling explanations of how this discipline works in a Christian's life, practical guidance for those who have never fasted before, and finally a stirring call to revival.

In the six-session small group Bible study, *What On Earth Am I Here For?*, Rick Warren helps users answer life's fundamental

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question: "What on earth am I here for?" This is the official study companion for The Purpose Driven Life. Includes one Study Guide and one six-session DVD.

The greatest key to produce manifestation of answers are in the pages of this book. If the 3 day fast brought wonderful testimonies, wait till you experience the testimonies of the 7 day fast. The testimonies are beyond comprehension. Simply out of this world. Be a partaker. I had prayed for many years concerning a few important things and received no answers. I embarked on a fast and saw the answers finally. I encouraged a friend to fast too. He also received an answer to a prayer he had not received for years. Whether it is stagnation, a terminal disease, lack of increase, debt or barrenness that is plaguing you, a fast will help. This book contains keys to help you fast as well as prayer points and scriptures to help you pray during the period of the fast. These prayer points are loaded and guaranteed to bring results. Key revelations about why God is not the one delaying you are contained in this book. This revelation will bring speed into every area of your life. You will achieve in 1 year what other people take 10 years to achieve.

"And, behold, I send the promise of my Father upon you:" To obtain the "power," the commandment given to us by Jesus: "Tarry ye in the city of Jerusalem (your present city) until ye be endued with power from on high" (Luke 24:49) must be obeyed. Many Christians claim the experience of Acts 2:4, but they have not attained the experience provided for in Luke 24:49. The progress so far is fine, but the deceiver still has many of us lulled to sleep, deluded, and self-satisfied, far from the goal Jesus intended for us to reach. I once owned an airplane, but owning an airplane and getting the motor going so it will take off with its own power are two different things. If you have the Holy Spirit, He still may not have sufficient sway in your life for you to have the advanced experience of power and the gifts of the Spirit. Many do not seek God far enough, and in quite the right manner to allow the Holy Spirit to exert His power, even though He has been received. Every evidence points to the fact that the early church and apostles put into practice what the church has failed to do today. Therefore, they had an experience that overshadows ours. Every single new testament church was founded in fasting and prayer. Acts 14:23. After Jesus said, "I send the promise of the Father upon you" He also told them, "Tarry . . . until ye be endued with power." Where there is a lack of perfection and refinement among God's people, as there is today, this power and the gifts of the Holy Spirit cannot very well be received by prayer alone. (If they can be received in this manner, I ask, where are they? Even in the days of the apostles, they too, found it necessary at times to employ this method to arrest the flesh and become refined in order to receive this power. They were in a state of perfection that far exceeded ours today. We believe many put into practice the prophet's-length fast and obtained the power and gifts. Without following their example and deeds, we are without their mighty experiences. Consecrated fasting acts as a refining fire to the saint of God, and enables him to become purified and cleansed to such an extent he can obtain the power and the gifts of the Spirit. It actually requires a further process of purification and sanctified living to obtain and retain the gifts of the Spirit than otherwise. The best means of reaching that goal is to do as Paul asked us to do, follow him "in fastings often." This volume endeavors to take what has generally been overlooked, and reveal, perhaps for the first time in detailed form, the secret of the early church. It is

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made so simple and easy of accomplishment that anyone can have an experience as dynamic as those of any of the apostles and followers of Jesus Christ.

A guide to biblical fasting discusses how to choose a fast, the connection between fasting and prayer, the essential components of a successful fast, and what to expect mentally, physically, and spiritually.

When the author began to study the subject of fasting some years ago he was shocked by the number of biblical references he found referring to it. Clearly fasting was not some biblical "side issue," but a central element of spiritual life. Fasting is a discipline that has been practised by many influential men and women of God throughout church history with dramatic results. The author says, "Fasting has become an essential part of my walk with the Lord. It continues to amaze me that I lived for so long without this key that unlocks so many blessings." Using the metaphor of a key, this book discusses how Fasting will unlock the blessings of God.

Ready for Revival? It's Time to Relearn Prayer and Fasting. This book is for Christians who are waking up from the uneasy peace churches have made with the way things are. The modern church's contentedness in maintaining membership rolls doesn't compare with the early church's zeal for spreading the gospel far and wide. For Christians ready for revival, it's time to reintroduce serious prayer and fasting--not as sporadic irregularities but as serious habits. Beyond telling us that we need to pray and fast, David Roadcup and Michael Eagle describe how these practices can become part of our daily and weekly rhythms. Christians must be realistic about common hindrances to these practices and receive practical help about how to move forward despite the inhibitions and idolatries which often get in our way. Prayer and Fasting combines biblical teaching, spiritual insight, and scientific research to help us intentionally pursue revival. The power of the Holy Spirit has enflamed disciple-making movements all throughout history as faithful disciple makers have prayed and fasted. To help us powerfully impact our churches, cultures, and countries for Christ, David and Mike have prepared this helpful manual. Let's intentionally and faithfully put their words into practice! -- DR. TONY TWIST, President & CEO, TCM International Institute Every Christian seeking revival needs to read this practical primer on prayer and fasting. Leading disciple-making experts agree that acknowledging the power of the Holy Spirit through prayer and fasting is key for breakthrough. Roadcup and Eagle show us both the "why" and the "how" to this vital element of our faith. -- DR. BOBBY HARRINGTON, Pastor, Author, Point Leader of Renew.org & Discipleship.org DAVID ROADCUP is Professor of Discipleship and Global Outreach Representative for TCM International in Indianapolis, Indiana. He is one of the founding members of Promise Keepers and one of the three founding members of e2: effective elders. Dr. Roadcup has authored numerous articles and authored or co-authored a dozen books. MICHAEL EAGLE is Physician Assistant in Orthopedic Surgery at Vanderbilt University Medical School and previously at Mayo Clinic. He has run eighteen marathons, completed two Ironman events, and has an interest in nutrition, exercise, and fasting. Michael is an elder at Harpeth Christian Church and a graduate of TCM's Discipleship Program.

The personal study guide leads individuals through the nine fasts described in Dr. Towns's bestselling book Fasting for Spiritual

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Breakthrough. By the use of questions, the reader is guided through the different purposes and elements of each type of fast. It is for every Christian who is seeking a deeper relationship with God, a strengthened faith, an understanding of the relationship with God, and an understanding of the discipline of fasting. This study can be used by individuals for personal study or as a test for small Bible study groups.

Dr. Rosetta Stamp is an international teacher, Author, Motivational Speaker, Lecturer, Businesswoman, Advisor and Minister, teaching the body of Christ how to live a victorious and powerful life in Christ. She accepted Jesus Christ as her Lord and savior at the age of five. Dr. Rosetta Stamp is the President and Founder of Caribbean Theological College (CTC), and Liberty Bible Institute (LBI). She is an International Evangelist and motivation speaker. Her mission is to proclaim Jesus Christ to the nations. Her favorite expression is to God be the Glory Great things he hath done. If you are interested in having Dr. Rosetta Stamp come to your area for conferences or workshops, write, phone or e-mail. Caribbean Theological College P.O. Box 5596 Kingston 6, Jamaica, W.I. Telephone: (876) 538.3623, (876) 770-7182 Email:rosetta.stamp@live.com

The grace of fasting is a gift from God that positions us to experience more of God's power and affections. We fast to encounter God more and to change the world! Done in the right spirit, fasting increases our receptivity to God's voice and His Word. Jesus called His disciples to fast so as to encounter Him as the Bridegroom God (Mt. 9:15). This book explores the rewards and delights that come to those who fast, and is designed to equip believers to embrace the discipline, grace, and joy of fasting, that they might more fully encounter Jesus as their heavenly Bridegroom.

Discover the Purpose and Power of Fasting Do you desire to feel His presence, hear His voice, sense His pleasure? Since ancient times, fasting has been considered an essential means of drawing near to God. But this spiritual discipline involves much more than abstaining from food; it goes right to the heart of genuine faith. Through this invigorating study, you'll gain a clear understanding of the principles behind this practice and be equipped to make fasting a key part of your relationship with God.

Fasting can be the most exciting spiritual discipline of a Christians life when done with the expectation of a spiritual breakthrough and the understanding that it draws us into a deeper, more intimate relationship with the Lord as he reveals more of himself to us. Our minds and hearts can be pretty locked up to the idea or concept of fasting. Breaking Through to Higher Places gives a glimpse of the fast that Jesus went through and offers nine keys to open up those ideas or concepts to help you realize how quickly fasting can become feasting. Instead of running away from it, you will find yourself running to it.

Fasting is an important key to successful Christian living. It is found throughout the Bible, yet it has been largely set aside by the church. Discover how to release the power of prayer and fasting in your life with this handbook by Derek Prince. In his clear, easily understood teaching style, he explains that this power is immeasurable when fasting is practiced with right motives and in accordance with the principles of Scripture.

This scripture-based guide helps deepen prayer lives during a 12 day period of fasting and prayer. Each day contains suggested scripture references, bullet-points of prayer concerns, a full page for journaling thoughts and another page for writing out a personal prayer, plus a prayer from the author. Great resource for small groups or individuals and can be used during any time of the year.

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Insightful and heart-warming, this classic book is written for those who seek to know God better. It unfolds life-impacting, biblical truths and has been called a "soul-stirring celebration of the pleasures of knowing God."

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